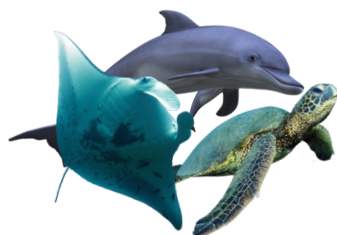




FOUR SEASONS RESORT
Maldives at Landaa Giraavaru



Recreation Activity Guide

2015 - 2016

Scheduled Group Excursions

Learn to Snorkel



Come and learn how to snorkel with our recreation guide. You will be shown how to fit your mask properly and how best to use your fins to find the amazing animals under the surface.

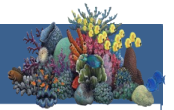
Time: Everyday from 0930 hrs to 1030 hrs

Location: Meet at the Excursions Desk at 0915 hrs

Reservations: Excursion Desk

Fee: Complimentary

Snorkel at Parrot Reef



Join one of our marine biologists on this guided 45-minute snorkel of Parrot Reef: a pristine underwater mountain less than a five-minute dhoni ride away, home to amazing table corals, hawksbill turtles and tropical fish.

Time: Monday and Thursday from 0930 hrs to 1030 hrs

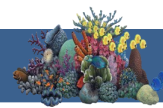
Location: Meet at the Excursion Desk at 0930 hrs

Reservations: Excursion Desk before 1830 hrs on prior day

Fee: US\$60 + 10% service charge + 12% GST per person

Fee: US\$30 + 10% service charge + 12% GST per kid under 12 years

Night Snorkeling



Our lagoon is a completely different environment once the sun goes down, and our Marine Biologist is the perfect person to guide you through the dark and exhilarating world. (Snorkelling experience required)

Time: Wednesday & Saturday from 1930 hrs to 2030 hrs

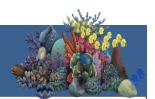
Location: Meet at the Excursion Desk at 1915 hrs

Reservations: Excursion Desk before 1830 hrs that day

Fee: US\$75 + 10% service charge + 12% GST per person

Fee: US\$35 + 10% service charge + 12% GST per kid under 12 years

Snorkel Adventure



Join our resident Marine Biologist in the Marine Research Centre for a 15 minute briefing on the marine life of the Maldives. Then hop on board a speed boat to visit a nearby coral reef and explore the amazing underwater world of the Maldives. (Snorkelling experience required)

Time: Wednesday, Friday, Sunday & Monday from 1400 hrs to 1630 hrs

Locations: Meet at the Excursions Desk at 1345 hrs

Reservations: Excursion Desk

Fee: US\$75 + 10% service charge + 12% GST per person

Fee: US\$35 + 10% service charge + 12% GST per kid under 12 years

Turtle Safari and Snorkel



Join our Marine Biologist for a briefing that provides insight and understanding into the lives and habits of these beautiful creatures. Following this briefing, you will set off to one of our beautiful snorkelling sites to have the opportunity to see these animals up close (Snorkelling experience required)

Time: Tuesday, Thursday & Saturday from 1400 hrs to 1630 hrs.

Location: Meet at the Excursions Desk at 1345 hrs

Reservations: Excursion Desk

Fee: US\$75+ 10% service charge + 12% GST per person

Fee: US\$35+ 10% service charge + 12% GST per kid under 12 years
(Proceeds go towards the Green Fund for environmental initiatives)

Local Island Visit



This tour offers a great insight into Maldivian island life. After a warm welcome with tender coconuts and traditional *boduberu* dance, explore the pretty streets, find out about ancient folklore, and sample local *hedhikaa* – snacks unique to the Maldives.

Time: Tuesday and Saturday from 1630 hrs to 1830 hrs

Locations: Meet at Excursion Desk at 1615 hrs

Reservations: Excursion Desk (Advance reservation required)

Fee: US\$75 +10% service charge + 12% GST per person

Fee: US\$35 +10% service charge + 12% GST per kid under 12 years

Sunset Fishing



Cruise with us at dusk and catch the sunset and a bite to eat for lunch tomorrow! If you get lucky enough to catch the big one, our chefs at Fuego will be delighted to prepare it to your liking for a leisurely lunch the next day.

Time: Monday, Wednesday, Friday & Sunday from 1800 hrs to 2000 hrs

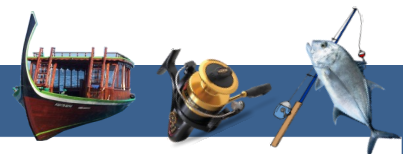
Location: Meet at the Excursion Desk at 1745 hrs

Reservations: Excursion Desk before 1200 hrs that day

Fee: US\$ 95 + 10% service charge + 12% GST per person

Fee: US\$ 45 + 10% service charge + 12% GST per kid under 12 years

Sunrise Fishing



Head out just before dawn for an uplifting sunrise sail to a reef drop renowned for its big game fish, from Giant Trevally and Dogtooth Tuna to Grouper and Barracuda. Then use our professional onboard tackle, the help of our crew, a dash of patience and a touch of luck to match your wits – and strength – against some of the Maldives biggest open-ocean fish. An exhilarating three - hours' work-out!

Time: Tuesday and Friday from 0630 hrs to 0930 hrs

Location: Meet at the Excursions Desk at 0615 hrs

Reservations: Excursion Desk

Fee: US\$95+ 10% service charge + 12% GST per person

Fee: US\$45+ 10% service charge + 12% GST per kid under 12 years

Morning Dolphin Cruise



Did you know that there are hundreds of dolphins in the waters near Landaa Giraavaru? Join our Marine Biologist for a short briefing on this fascinating marine animal, then hop on board a boat and cruise through the atoll where we hope to have the opportunity to watch schools of dolphins spin around the boat.

Time: Tuesday and Saturday from 1030 hrs to 1230 hrs

Location: Meet at the Excursion Desk at 1015 hrs

Reservations: Advanced booking required

Fee: US\$75 + 10% Service charge + 12% GST per adult

Fee: US\$35 + 10% Service charge + 12% GST per kid under 12 years

Sunset Dolphin Cruise



Did you know that there are hundreds of dolphins in the waters near Landaa Giraavaru? Join our Marine Biologist for a short briefing on this fascinating marine animal, then hop on board a boat and cruise through the atoll where we hope to have the opportunity to watch schools of dolphins spin around the boat.

Time: Every Thursday from 1700hrs to 1900 hrs

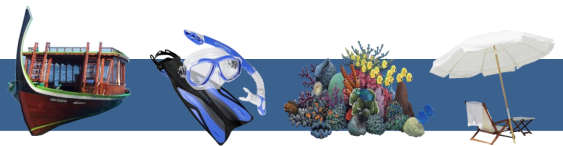
Location: Meet at the Excursion Desk at 1645 hrs

Reservations: Advanced booking is required

Fee: US\$75 + 10% Service charge + 12% GST per adult

Fee: US\$35 + 10% Service charge + 12% GST per kid under 12 years

Maldives Crusoe



Take off across the atoll a local dhoani for an exciting snorkel and picnic excursion. Take in the ocean views or sunbathe on the rooftop of a traditional Maldivian Dhoni, then snorkel amidst the beauty of a magnificent reef before resting on an idyllic beach as we prepare a delicious picnic.

Time: Wednesday and Sunday from 1000 hrs to 1400 hrs

Location: Meet at the Excursions Desk at 0945 hrs

Reservations: Excursion Desk before 1830 hrs on prior day

Fee: US\$195 + 10% Service charge + 12% GST per adult

Fee: US\$95 + 10% Service charge + 12% GST per kid under 12 years

Hi Life Cruise



Toast the sunset, and your luxurious vacation, on board our comfortable Luxury Yacht. Relax and keep your eyes open for dolphins as the sun dips into the Indian Ocean. You may sip champagne and indulge in our light canapé selection while you take in this beautiful moment.

Time: Thursday and Saturday from 1830 hrs to 1930 hrs

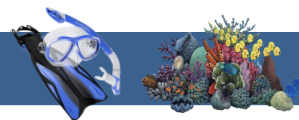
Location: Meet at the Excursion Desk at 1815 hrs

Reservations: Excursion Desk before 1200 hrs that day

Fee: US\$ 120 + 10% service charge + 12% GST per person

Private Excursions

Private Snorkeling Intro



Have you ever snorkelled before? Don't worry! Take a private snorkelling lesson with one of our recreation guides and acquire necessary skills and knowledge to snorkel at the house reef on your own.

Time: Private lesson, Please Inquire
Location: Meet at the Excursion Desk
Reservations: Excursion Desk

Fee: US\$70 + 10% service charge + 12% GST per person
Fee: US\$35 + 10% service charge + 12% GST per kid under 12 years

Big Game Fishing



Set to the seas and cast your lines in search of a great big game fish. The recreation team will assist and guide you through the area to find sailfish, mahi mahi, tuna, jack fish and much more. If you get lucky enough to catch the big one, our chefs at Café Landaa will be delighted to prepare it to your liking for a leisurely lunch the next day.

Time: Private Excursion, Please Inquire
Locations: Meet at the Excursion Desk
Reservations: Excursion Desk
Fee: Please Inquire

Private Fishing



Choose from one of our several fishing boats, set a time and we will set off to catch some of the Indian Ocean's finest fish. The recreation team can be equipped to bottom line fish or to search for big game fish. If you get lucky enough to catch the big one, our chefs at Café Landaa will be delighted to prepare it to your liking for a leisurely lunch the next day.

Time: Private Excursion, Please Inquire
Locations: Meet at the Excursion Desk
Reservations: Excursion Desk
Fee: Please Inquire

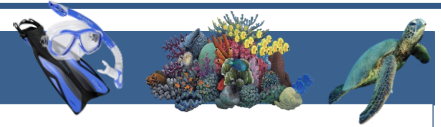
Private Sandbank Picnic



Board one of our speedboats, laden with snorkelling gear, beach games and picnic supplies, and let us whisk you away to your own exclusive sandbank. You can enjoy snorkelling the azure waters of the ocean, relax under the warm sun, or throw a Frisbee on the fine white beach sand while we prepare the picnic.

Time: Based on Availability, Please Inquire
Location: Meet at the Excursion Desk
Reservations: Excursion Desk – 24 hour notice requested
Fee: Please Inquire

Private Snorkeling



Take off across the Baa atoll one of our luxury yachts to travel to explore the amazing underwater world of stunning snorkel sites with amazing corals and abundant fish.

Time: Private Excursion, Please Inquire
Location: Meet at the Excursion Desk
Reservations: Excursion Desk
Fee: Please Inquire

Private Dolphin Cruise



Take off across the beautiful islands of Baa atoll aboard one of our private boats to travel through blue lagoons and channels where dolphins rest and play.

Time: Private Excursion, Please Inquire
Location: Meet at the Excursion Desk
Reservations: Excursion Desk
Fee: Please Inquire

Four Seasons Castaway



There are over 1200 islands in the Maldives — and only a few are inhabited, leaving many for you to be discovered. Cruise in the Indian Ocean on a speedboat to a beautiful uninhabited island where we leave you with beach toys and a picnic to explore and enjoy, playing Robinson Crusoe for a few hours until you ask us to come to your rescue.

Time: Private Excursion, Please Inquire
Location: Meet at the Excursion Desk
Reservations: Excursion Desk – 24 hour notice requested
Fee: US\$360 + 10% Service Charge + 12%GST per couple

Private Island Escape



Imagine being whisked away by speedboat to an unspoiled and uninhabited island where you will enjoy a day doing whatever your heart desires. Snorkelling, fishing, and lounging are just a few suggestions for time on this island paradise. Of course, a delicious prepared picnic or BBQ will top off this great day of discovering the hidden side of the Maldives.

Time: Private Excursion, Please Inquire
Location: Meet at the Excursion Desk
Reservations: Excursion Desk – 24 hour notice requested
Fee: Please Inquire

Overnight Cruise



Make one of the luxurious yachts yours for a private overnight cruise. We leave in time for sunset, catch dinner on the way while your personal chef and butler will wine and dine you into the night. After a good night's sleep on board and a hearty breakfast, enjoy some time snorkeling in the beautiful Maldivian reefs before returning to the comforts of Landaa Giraavaru.

Time: Private Excursion, Please Inquire
Location: Meet at the Excursion Desk
Reservations: Excursion Desk – 24 hour notice requested
Fee: US\$1500 + 10% service charge + 12% GST per couple

Fitness & Personal Training



Fitness Center & Equipment

Complimentary

Our State of the art Fitness Centre offers wide range of finest fitness equipment from the most exclusive brands ranging from Cardio to free weights to stability balls. Fitness Centre is open for 24 hour a day and 7 days a week.

Cybex and LifeFitness equipment
LifeFitness Cardio equipment with flat touch monitors
Sauna & Steam Room
Opening hours : 24 hour (s) a day, 7 days a week.

Boot Camp



Complimentary

Meet at the gym for a light jogging session with our resident personal trainer who will throw in a few anaerobic exercises for good measure.

Time: Monday and Friday from 1700 hrs to 1800 hrs
Reservations: Excursion Desk
Fee: Complimentary

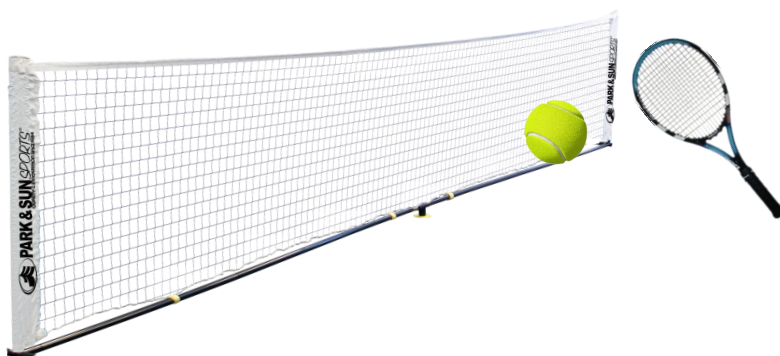
Personal Training



Certified personal trainers are available to take you through a workout tailored to your personal needs and fitness goals. Ask today and allow us to make your time in the gym more effective.

Time: Everyday from 0700 hrs to 2100 hrs
Reservations: 24 hour advance notice requested
Fee: US\$75 + 10% service charge + 12% GST per person

Tennis Court & Tennis Lessons



Tennis Court Rentals



An all-weather surface court provides an exceptional playing surface for a great game of singles or doubles play. The tennis court is available from 0700 hrs to 2100 hrs daily and is equipped with lights for night play.

Time: Daily 0700 hrs to 2200 hrs
Location: East of the Fitness Centre
Reservations: Excursion Desk
Fee: Complimentary

Tennis Clinic

This session is the perfect opportunity for you to quiz our tennis pro on the techniques needed to perfect your game. Come and be put through your paces on the court and refine your skills.



Time: Thursday from 1700 hrs to 1800 hrs
Reservations: Excursion Desk before 1200 hrs that day
Location: Tennis Pavilion
Fee: US \$95 + 10% Service charge + 12% GST per person

Private Tennis Lessons & Match Play

Enjoy the fun and learn the essential skills to develop your tennis game. Our tennis pros will teach you the proper techniques to improve your forehand, backhand, serve and/or net skills or just enjoy a competitive match against the tennis pro.



Time: Daily (Based on the availability)
Location: Tennis Pavilion
Reservations: Excursion Desk
Fee: US \$95 + 10% Service charge + 12% GST per person